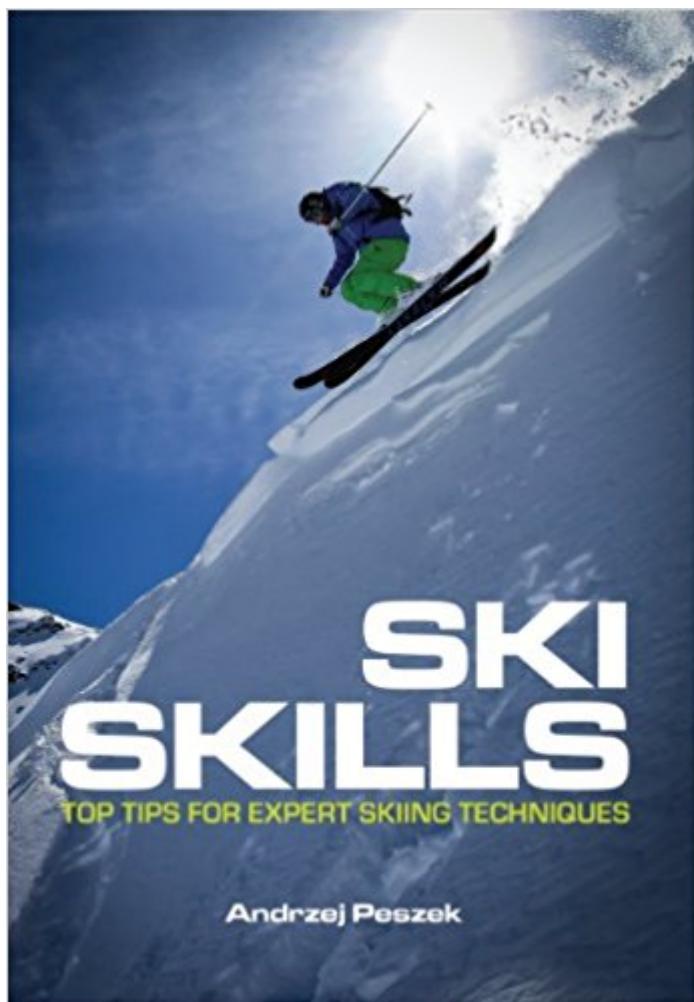


The book was found

Ski Skills: Top Tips For Expert Skiing Techniques



Synopsis

How to improve technique and prepare for the ski season. Downhill skiing, especially high alpine and backcountry skiing, is a popular recreational activity in North America. This book is the ideal guide for any intermediate skier wanting to take the sport to the next level. *Ski Skills* is packed with vibrant color photographs of skiers in action, and clear illustrations give useful analysis to help improve technique and form. The book begins with a thorough explanation of the "three pillars of skiing": physical condition, balance and technique. A discussion of the new philosophy of skiing includes a comparison of traditional skis and carving skis and the recommended "rules" to follow when choosing equipment. A comprehensive technique section includes a thorough analysis of ski turns that shows and explains the anatomy of a turn -- including the role of the skis, legs, knees, hips, upper body, arms, ski poles and body weight -- the types of turns, and the phases and elements of a turn. *Ski Skills* also includes: Tips on how to maintain balance Advice on purchasing equipment How to avoid mistakes How to identify and correct old habits Planning a ski trip Skiing for pleasure. *Ski Skills* will find a welcome audience among intermediate skiers who want to improve their skills and enjoy this exhilarating sport at their highest potential.

Book Information

Paperback: 160 pages

Publisher: Firefly Books (October 6, 2011)

Language: English

ISBN-10: 1554079233

ISBN-13: 978-1554079230

Product Dimensions: 6.5 x 0.4 x 9.2 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #2,016,319 in Books (See Top 100 in Books) #69 in Books > Sports & Outdoors > Outdoor Recreation > Skiing > Downhill #1759 in Books > Sports & Outdoors > Winter Sports

Customer Reviews

Andrzej Peszek has been a ski instructor for the last 20 years.

Good book. Nothing on moguls however.

I don't know of another ski book that looks at skiing technique from the ground up for shaped skis. Other books come with the baggage of classical technique. Ski Skills comes with a Euro-centric feel, which I don't mind; the language is often stilted/poorly translated, which I mind more. Finally, along with excellent stop-action photos to illustrate technique come too many photos of extreme acts, like big jumps, which are outside of the purview of the book.

[Download to continue reading...](#)

Ski Skills: Top Tips for Expert Skiing Techniques Backcountry Skiing: Skills for Ski Touring and Ski Mountaineering (Mountaineers Outdoor Expert Series) Climbing and Skiing Colorado's Mountains: 50 Select Ski Descents (Backcountry Skiing Series) Backcountry Skiing Utah: A Guide to the State's Best Ski Tours (Backcountry Skiing Series) Downhill Slide: Why the Corporate Ski Industry is Bad for Skiing, Ski Towns, and the Environment Top 25 Gymnastics Skills, Tips, and Tricks (Top 25 Sports Skills, Tips, and Tricks) McGraw-Hill Education: Top 50 ACT Math Skills for a Top Score, Second Edition (Mcgraw-Hill Education Top 50 Skills for a Top Score) McGraw-Hill Education: Top 50 ACT English, Reading, and Science Skills for a Top Score, Second Edition (Mcgraw-Hill Education Top 50 Skills for a Top Score) A complete guide to Alpine Ski touring Ski mountaineering and Nordic Ski touring: Including useful information for off piste skiers and snow boarders A Complete Guide to Alpine Ski Touring Ski Mountaineering and Nordic Ski Touring: Including Useful Information for Off Piste Skiers and Snow Boarders, Second Edition How I Ski: Expert Alpine Skiing Demystified! Ski Tips for Kids: Fun Instructional Techniques With Cartoons (Falcon Guides: Skills for the Youngest Learners) 200 Beading Tips, Techniques & Trade Secrets: An Indispensable Compendium of Technical Know-How and Troubleshooting Tips (200 Tips, Techniques & Trade Secrets) Cross-Country Skiing: Building Skills for Fun and Fitness (Mountaineers Outdoor Expert) Backcountry Skiing California's High Sierra (Backcountry Skiing Series) Soft Skiing: The Secrets of Effortless, Low-Impact Skiing for Older Skiers Backcountry Skiing Utah (Falcon Guides Backcountry Skiing) For the Love of Skiing: A Visual History of Skiing The Physics of Skiing: Skiing at the Triple Point Backcountry Skiing Snoqualmie Pass (Falcon Guides Backcountry Skiing)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)